

I Hear You Knocking

拍数: 48 墙数: 2 级数: Intermediate
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音乐: I Hear You Knocking - Wynonna : (CD: Sing Chapter 1)



Intro: 16 counts

ROCK, RECOVER, SAILOR STEPS RIGHT & LEFT, TOUCH, ½ TURN

1-2 Rock out to right side, recover
3&4 Step right behind left, step left next to right, step right to right side
5&6 Step left behind right, step right next to left, step left to left side
7-8 Touch right toe back, ½ turn right (weight on right)

ROCK, RECOVER, SAILOR STEPS LEFT & RIGHT, TOUCH, ¾ TURN

1-2 Rock out to left side, recover
3&4 Step left behind right, step right next to left, step left to left side
5&6 Step right behind left, step left next to right, step right to right side
7-8 Touch left toe back, unwind ¾ turn left (weight on left)

STEP PIVOT, RIGHT LOCK STEP, ROCK, RECOVER, ½ TURN SHUFFLE

1-2 Step forward on right, ½ turn left (weight on left)
3&4 Step forward on right, lock left behind right, step forward on right
5-6 Rock forward on left, recover
7&8 ½ turn left stepping forward left, step right next to left, step forward on left

TOUCH STEP, TOUCH STEP, STEP PIVOT, KICK-BALL STEP

1-2 Touch right forward (bumping hip), step heel down
3-4 Touch left forward (bumping hip), step heel down
5-6 Step forward right, ½ turn left (weight on left)
7&8 Kick right forward, bring back in place, step forward on left

ROCK, RECOVER, RIGHT LOCK STEP, ROCK RECOVER, FULL TURN SHUFFLE

1-2 Rock forward right, recover
3&4 Step back on right, lock left in front of right, step back on right
5-6 Rock back on left, recover
7&8 ½ turn right stepping back on left, ½ turn right stepping forward on right, step forward on left

Easy option: Left shuffle forward

KICK-BALL TOUCH RIGHT & LEFT, POINT, ¼ TURN, DOWN, UP

1&2 Kick right forward, bring back in place, touch left next to right
3&4 Kick left forward, bring back in place, touch right next to left
5-6 Point right to right side, ¼ turn right (weight on left)
7-8 Sit back on left, stand up

Ending: on wall 6 dance up to count 28 (Touch step (bumping hip), step heel down, then step forward on right, ¼ turn left and cross right over left.

Start Again.....Happy Dancing.....